SHARP®

MICROWAVE OVEN OPERATION MANUAL

Carousel®

MODEL

R-330

followed by letter indicating color
K=black, W=white

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READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THE OVEN.

FOR CUSTOMER ASSISTANCE

To aid in reporting this microwave oven in case of loss or theft, please record below the model number and serial number located on the unit. We also suggest you record all the information listed and retain for future reference.

Please provide the following information when you write or call: model number, serial number, date of purchase, your complete mailing address (including zip code), your daytime telephone number (including area code) and description of the problem.

MODEL NUMBER _____	SERIAL NUMBER _____
DATE OF PURCHASE _____	
DEALER _____	TELEPHONE _____
SERVICER _____	TELEPHONE _____

TO PHONE:

DIAL 1-800- BE-SHARP (237-4277) for :

SERVICE (for your nearest Sharp Authorized Servicer)
PARTS (for your authorized parts distributor)
ADDITIONAL CUSTOMER INFORMATION

DIAL 1-800-642-2122 for :

ACCESSORIES and SHARP CAROUSEL COOKBOOK

TO WRITE:

Sharp Electronics Corporation
Customer Assistance Center
1300 Naperville Drive
Romeoville, IL 60446-1091

TO ACCESS INTERNET: www.sharp-usa.com

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

CONSUMER LIMITED WARRANTY

SHARP ELECTRONICS CORPORATION warrants to the first consumer purchaser that this Sharp brand product (the "Product"), when shipped in its original container, will be free from defective workmanship and materials, and agrees that it will, at its option, either repair the defect or replace the defective Product or part thereof with a new or remanufactured equivalent at no charge to the purchaser for parts or labor for the period(s) set forth below.

This warranty does not apply to any appearance items of the Product nor to the additional excluded item(s) set forth below nor to any Product the exterior of which has been damaged or defaced, which has been subjected to improper voltage or other misuse, abnormal service or handling, or which has been altered or modified in design or construction.

In order to enforce the rights under this limited warranty, the purchaser should follow the steps set forth below and provide proof of purchase to the servicer.

The limited warranty described herein is in addition to whatever implied warranties may be granted to purchasers by law. ALL IMPLIED WARRANTIES INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR USE ARE LIMITED TO THE PERIOD(S) FROM THE DATE OF PURCHASE SET FORTH BELOW. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Neither the sales personnel of the seller nor any other person is authorized to make any warranties other than those described herein, or to extend the duration of any warranties beyond the time period described herein on behalf of Sharp.

The warranties described herein shall be the sole and exclusive warranties granted by Sharp and shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described herein, shall constitute complete fulfillment of all liabilities and responsibilities of Sharp to the purchaser with respect to the Product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Sharp be liable, or in any way responsible, for any damages or defects in the Product which were caused by repairs or attempted repairs performed by anyone other than an authorized servicer. Nor shall Sharp be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damages, so the above exclusion may not apply to you.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

Your Product Model Number & Description:	R-330E Home Use Carousel Microwave Oven. (Be sure to have this information available when you need service for your Product.)
Warranty Period for this Product:	One (1) year parts and labor. The warranty period continues for an additional four (4) years, for a total of five (5) years, with respect to the magnetron tube in the Product for parts only; labor and service are not provided free of charge for this additional period.
Additional Item(s) Excluded from Warranty Coverage (if any):	Non-functional accessories, turntable and light bulb.
Where to Obtain Service:	From a Sharp Authorized Servicer located In the United States. To find the location of the nearest Sharp Authorized Servicer, call Sharp toll free at 1-800-BE-SHARP (1-800-237-4277).
What to do to Obtain Service:	Ship prepaid or carry in your Product to a Sharp Authorized Servicer. Be sure to have **Proof of Purchase** available. If you ship the Product, be sure it is insured and packaged securely.

TO OBTAIN SUPPLY, ACCESSORY OR PRODUCT INFORMATION, CALL
1-800-BE-SHARP OR VISIT www.Sharp-usa.com.
Save the proof of purchase as it is needed should your oven ever require warranty service.

PRODUCT INFORMATION CARD

The product information card which is on the inside of the microwave oven carton should be completed within ten days of purchase and returned. We will keep it on file and help you access the information in case of loss, damage or theft. This will also enable us to contact you in the unlikely event that any adjustments or modifications are ever required for your oven.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. **Read all instructions before using the appliance.**
2. Read and follow the specific **"PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY"** on inside front cover.
3. This appliance must be grounded. Connect only to properly grounded outlet. See **"GROUNDING INSTRUCTIONS"** on page 3.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers —for example, closed glass jars — may explode and should not be heated in this oven.
6. Stir liquids briskly before and after heating to avoid eruption.
7. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
8. As with any appliance, close supervision is necessary when used by children.
9. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped.
10. This appliance should be serviced only by qualified service personnel. Contact nearest Sharp Authorized Servicer for examination, repair or adjustment.
11. Do not cover or block any openings on the appliance.
12. Do not store or use this appliance outdoors. Do not use this product near water—for example, near a kitchen sink, in a wet basement or near a swimming pool, and the like.
13. Do not immerse cord or plug in water.
14. Keep cord away from heated surfaces.
15. Do not let cord hang over edge of table or counter.
16. See door surface cleaning instructions on page 24.
17. To reduce the risk of fire in the oven cavity:
    a. Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven to facilitate cooking.
    b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
    c. If materials inside the oven should ignite, keep oven door closed, turn oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.
    d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
18. If the oven light fails, consult a SHARP AUTHORIZED SERVICER.

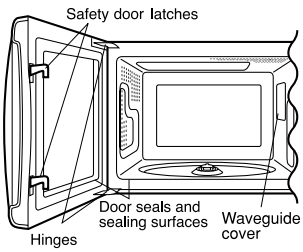
SAVE THESE INSTRUCTIONS

UNPACKING AND INSTALLATION INSTRUCTIONS

Unpacking and Examining Your Oven

Remove:

1. all packing materials from inside the oven cavity; however, DO NOT REMOVE THE WAVEGUIDE COVER, which is located on the right cavity wall. Read enclosures and SAVE the Operation Manual.



2. the feature sticker, if there is one, from the outside of the door.

Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surfaces, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact your dealer or SHARP AUTHORIZED SERVICER.

Choosing a Location for Your Oven

You will use the oven frequently so plan its location for ease of use. It's wise, if possible, to have counter space on at least one side of the oven. Allow at least 2 inches on the sides, top and at the rear of the oven for air circulation. Do not place or install the oven in any area where heat and steam are generated; for example, next to or above a conventional gas or electric range or above a conventional wall oven. Heat and steam may damage the electronics or the mechanical parts of the oven.

GROUNDING INSTRUCTIONS

This appliance must be grounded. This oven is equipped with a cord having a grounding wire with a grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded in accordance with the National Electrical Code and local codes and ordinances. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current.

WARNING – Improper use of the grounding plug can result in a risk of electric shock.

Electrical Requirements

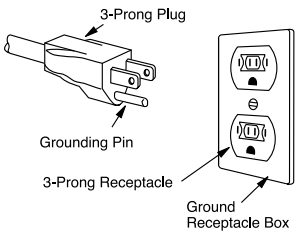
The electrical requirements are a 120 volt 60 Hz, AC only, 15 amp. or more protected electrical supply. It is recommended that a separate circuit serving only this appliance be provided.

The oven is equipped with a 3-prong grounding plug. It must be plugged into a wall receptacle that is properly installed and grounded. Should you only have a 2-prong outlet, have a qualified electrician install a correct wall receptacle.

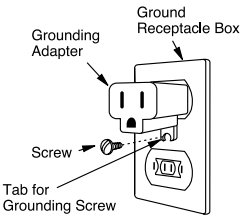
A 3-prong adapter may be purchased and used temporarily if local codes allow. Follow package directions.

A short power-supply cord is provided to reduce risk of becoming entangled in or tripping over a longer cord.

Permanent and Correct Installation



Temporary Use



Extension Cord

If it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug and a 3-slot receptacle that will accept the plug on the microwave oven. The marked rating of the extension cord should be AC 115-120 volt, 15 amp. or more.

Be careful not to drape the cord over the countertop or table where it can be pulled on by children or tripped over accidentally.

Notes: 1. If you have any questions about the grounding or electrical instructions, consult a qualified electrician or service person.

2. Neither Sharp nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedures.

Radio or TV Interference

Should there be any interference caused by the microwave oven to your radio or TV, check that the microwave oven is on a different electrical circuit, relocate the radio or TV as far away from the oven as feasible or check position and signal of receiving antenna.

INFORMATION YOU NEED TO KNOW

ABOUT YOUR OVEN

This Operation Manual is valuable: read it carefully and always save it for reference.

A good microwave cookbook is a valuable asset. Check it for microwave cooking principles, techniques, hints and recipes. See pages 25 and 26 for ordering the Ultimate Accessory, the SHARP CAROUSEL MICROWAVE COOKBOOK.

NEVER use the oven without the turntable and support nor turn the turntable over so that a large dish could be placed in the oven. The turntable will turn both clockwise and counterclockwise.

ALWAYS have food in the oven when it is on to absorb the microwave energy.

When using the oven at power levels below 100%, you may hear the magnetron cycling on and off. It is normal for the exterior of the oven to be warm to the touch when cooking or reheating.

Condensation is a normal part of microwave cooking. Room humidity and the moisture in food will influence the amount of moisture that condenses in the oven. Generally, covered foods will not cause as much condensation as uncovered ones. Vents on the oven back must not be blocked.

The oven is for food preparation only. It should not be used to dry clothes or newspapers.

Your oven is rated 1200 watts by using the IEC Test Procedure. In using recipes or package directions, check food a minute or two before the minimum time and add time accordingly.

ABOUT FOOD

FOOD	DO	DON'T
Eggs, sausages, nuts, seeds fruits & vegetables	• Puncture egg yolks before cooking to prevent "explosion". • Pierce skins of potatoes, apples, squash, hot dogs and sausages so that steam escapes.	• Cook eggs in shells. • Reheat whole eggs. • Dry nuts or seeds in shells.
Popcorn	• Use specially bagged popcorn for the microwave oven. • Listen while popping corn for the popping to slow to 1 or 2 seconds or use special **Popcorn** pad.	• Pop popcorn in regular brown bags or glass bowls. • Exceed maximum time on popcorn package.
Baby food	• Transfer baby food to small dish and heat carefully, stirring often. Check temperature before serving. • Put nipples on bottles after heating and shake thoroughly. "Wrist" test before feeding.	• Heat baby food in original jars. • Heat disposable bottles. • Heat bottles with nipples on.
General	• Cut baked goods with filling after heating to release steam and avoid burns. • Stir liquids briskly before and after heating to avoid "eruption". • Use deep bowl, when cooking liquids or cereals, to prevent boilovers.	• Heat or cook in closed glass jars or air tight containers. • Can in the microwave as harmful bacteria may not be destroyed. • Deep fat fry. • Dry wood, gourds, herbs or wet papers.

ABOUT UTENSILS AND COVERINGS

It is not necessary to buy all new cookware. Many pieces already in your kitchen can be used successfully in your new microwave oven. Make sure the utensil does not touch the interior walls during cooking.

Use these utensils for safe microwave cooking and reheating:

- glass ceramic (Pyroceram®), such as Corningware®.
- heat-resistant glass (Pyrex®)
- microwave-safe plastics
- paper plates
- microwave-safe pottery, stoneware and porcelain
- browning dish (Do not exceed recommended preheating time. Follow manufacturer's directions.)

These items can be used for short time reheating of foods that have little fat or sugar in them:

- wood, straw, wicker

DO NOT USE

- metal pans and bakeware
- dishes with metallic trim
- non-heat-resistant glass
- non-microwave-safe plastics (margarine tubs)
- recycled paper products
- brown paper bags
- food storage bags
- metal twist-ties

Should you wish to check if a dish is safe for microwaving, place the empty dish in the oven and microwave on HIGH for 30 seconds. A dish which becomes very hot should not be used.

The following coverings are ideal:

- Paper towels are good for covering foods for reheating and absorbing fat while cooking bacon.
- Wax paper can be used for cooking and reheating.
- Plastic wrap that is specially marked for microwave use can be used for cooking and reheating. DO NOT allow plastic wrap to touch food. Vent so steam can escape.
- Lids that are microwave-safe are a good choice because heat is kept near the food to hasten cooking.
- Oven cooking bags are good for large meats or foods that need tenderizing. DO NOT use metal twist ties. Remember to slit bag so steam can escape.

How to use aluminum foil in your microwave oven:

- Small flat pieces of aluminum foil placed smoothly on the food can be used to shield areas that are either defrosting or cooking too quickly.
- Foil should not come closer than one inch to any surface of the oven.

Should you have questions about utensils or coverings, check a good microwave cookbook or follow recipe suggestions.

ACCESSORIES There are many microwave accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures. Sharp is not responsible for any damage to the oven when accessories are used.

ABOUT CHILDREN AND THE MICROWAVE

Children below the age of 7 should use the microwave oven with a supervising person very near to them. Between the ages of 7 and 12, the supervising person should be in the same room.

The child must be able to reach the oven comfortably; if not, he/she should stand on a sturdy stool.

At no time should anyone be allowed to lean or swing on the oven door.

Children should be taught all safety precautions: use potholders, remove coverings carefully, pay special attention to packages that crisp food because they may be extra hot.

Don't assume that because a child has mastered one cooking skill he/she can cook everything.

Children need to learn that the microwave oven is not a toy. See page 23 for Child Lock feature.

ABOUT MICROWAVE COOKING

- Arrange food carefully. Place thickest areas towards outside of dish.
- Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
- Cover foods while cooking. Check recipe or cookbook for suggestions: paper towels, wax paper, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly.
- Shield with small flat pieces of aluminum foil any thin areas of meat or poultry to prevent overcooking before dense, thick areas are cooked thoroughly.
- Stir foods from outside to center of dish once or twice during cooking, if possible.
- Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
- Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.
- Add standing time. Remove food from oven and stir, if possible. Cover for standing time which allows the food to finish cooking without overcooking.
- Check for doneness. Look for signs indicating that cooking temperatures have been reached.

  Doneness signs include:

  - Food steams throughout, not just at edge.
  - Center bottom of dish is very hot to the touch.
  - Poultry thigh joints move easily.
  - Meat and poultry show no pinkness.
  - Fish is opaque and flakes easily with a fork.

ABOUT SAFETY

- Check foods to see that they are cooked to the United States Department of Agriculture's recommended temperatures.

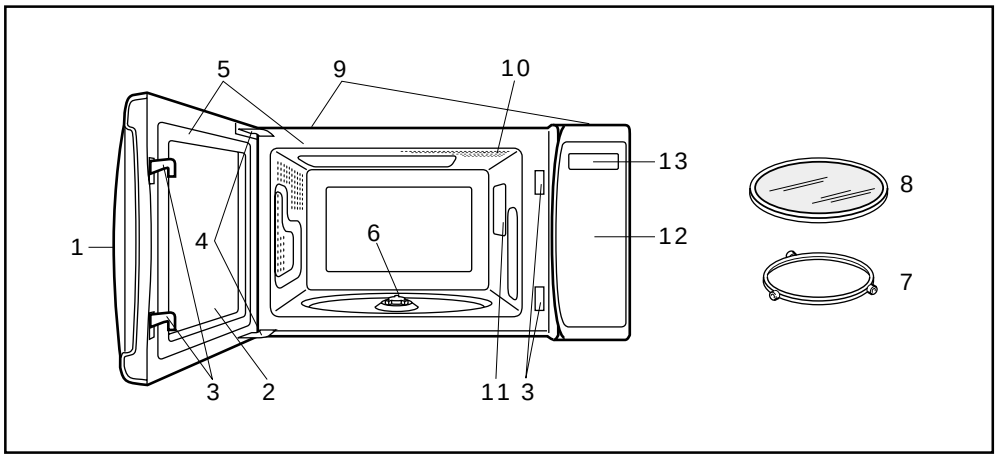
TEMP	FOOD
160°F	... for fresh pork, ground meat, boneless white poultry, fish, seafood, egg dishes and frozen prepared food.
165°F	... for leftover, ready-to-reheat refrigerated, and deli and carry-out “fresh” food.
170°F	... white meat of poultry.
180°F	... dark meat of poultry.

To test for doneness, insert a meat thermometer in a thick or dense area away from fat or bone. NEVER leave the thermometer in the food during cooking, unless it is approved for microwave oven use.

- ALWAYS use potholders to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
- Avoid steam burns by directing steam away from the face and hands. Slowly lift the farthest edge of a dish's covering and carefully open popcorn and oven cooking bags away from the face.
- Stay near the oven while it's in use and check cooking progress frequently so that there is no chance of overcooking food.
- NEVER use the cavity for storing cookbooks or other items.
- Select, store and handle food carefully to preserve its high quality and minimize the spread of foodborne bacteria.
- Keep waveguide cover clean. Food residue can cause arcing and/or fires.
- Use care when removing items from the oven so that the utensil, your clothes or accessories do not touch the safety door latches.

PART NAMES

MICROWAVE OVEN PARTS



1 Door handle
Pull to open door.

2 Oven door with see-through window

3 Safety door latches

The oven will not operate unless the door is securely closed.

4 Door hinges

5 Door seals and sealing surfaces

6 Turntable motor shaft

7 Removable turntable support

Carefully place the turntable support in the center of the oven floor.

8 Removable turntable

Place the turntable on the turntable support securely. The turntable will rotate clockwise or counterclockwise. Only remove for cleaning.

9 Ventilation openings (Rear)

10 Oven light

It will light when oven is operating or door is open.

11 Waveguide cover: DO NOT REMOVE.

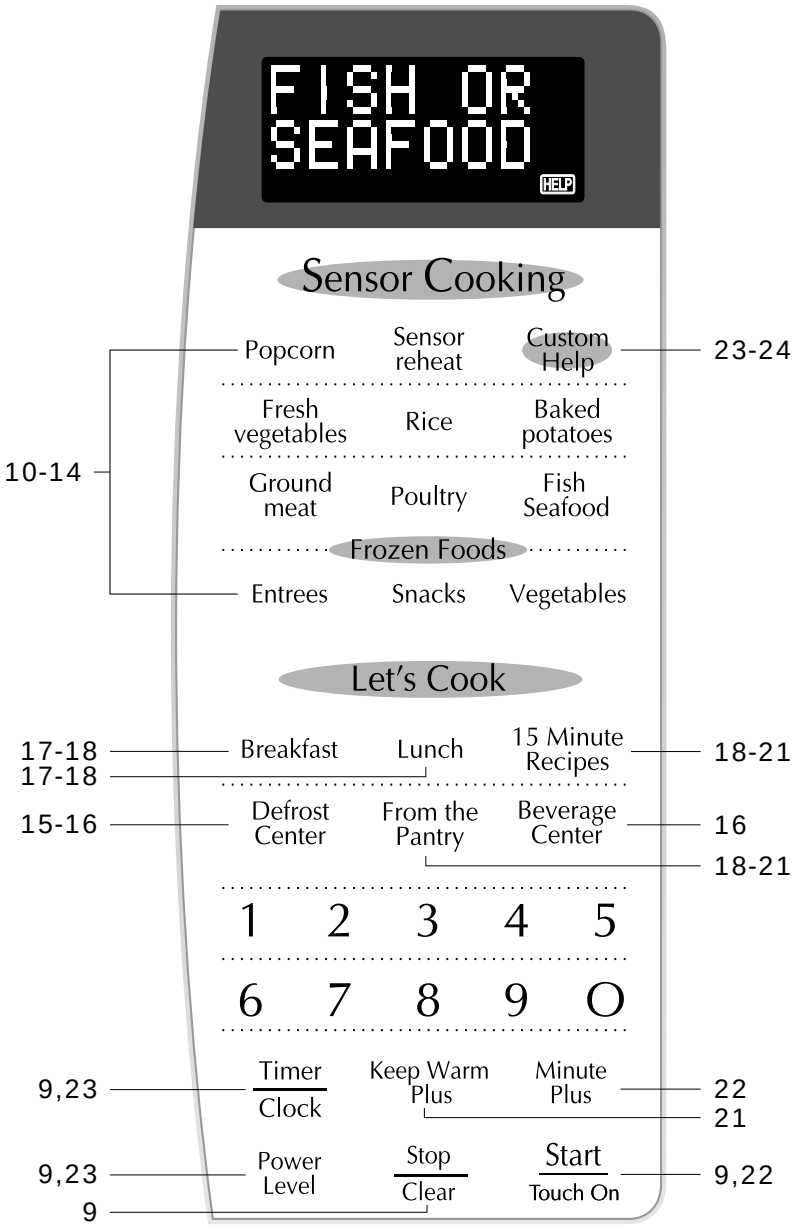
12 Auto-Touch control panel

13 Interactive Display: 99 minutes, 99 seconds

INTERACTIVE DISPLAY

The two-line, Interactive Display spells out operating steps and shows cooking hints. When HELP is lighted in the display, touch the Custom Help pad to read a specific hint which may assist you.

R-330E



Number next to the control panel illustration indicates page on which there are a feature description and usage information.

BEFORE OPERATING

- Before operating your new microwave oven make sure you read and understand this operation manual completely.
- Before the oven can be used, follow these procedures:

1. Plug in the oven. Close the door. The oven display will show SHARP SIMPLY THE BEST PRESS CLEAR AND PRESS CLOCK.
2. Touch the **Stop/Clear** pad. : will appear.
3. Set clock.

LANGUAGE / WEIGHT SELECTION

The oven comes set for English and U.S. Customary Unit-pounds. To change, touch **Custom Help** and the number 4 pad. Continue to touch the number 4 pad until your choice is selected. Then, touch **Start**. See page 24.

TO SET THE CLOCK

- Suppose you want to enter the correct time of day 12:30 (A.M. or P.M.).

PROCEDURE	DISPLAY
1 Touch **Timer Clock** pad and number pad 2.	ENTER TIME OF DAY
2 Enter the correct time of day by touching the numbers 1 2 3 0 in sequence.	12:30
3 Touch **Clock** pad again.	12:30

This is a 12 hour clock. If you attempt to enter an incorrect clock time, ERROR will appear in the display. Touch the **Stop/Clear** pad and re-enter the time.

- If the electrical power supply to your microwave oven should be interrupted, the display will intermittently show SHARP SIMPLY THE BEST PRESS CLEAR AND PRESS CLOCK after the power is reinstated. If this occurs during cooking, the program will be erased. The time of day will also be erased. Simply touch **Stop/Clear** pad and reset the clock for the correct time of day.

STOP/CLEAR

Touch the **Stop/Clear** pad to:
1. Erase if you make a mistake during programming.
2. Cancel timer.
3. Stop the oven temporarily during cooking.
4. Return the time of day to the display.
5. Cancel a program during cooking, touch twice.

MANUAL OPERATION

TIME COOKING

Your oven can be programmed for 99 minutes 99 seconds (99.99). Always enter the seconds after the minutes, even if they are both zeros.

- Suppose you want to cook for 5 minutes at 100%.

PROCEDURE	DISPLAY
1 5 0 0 Enter cooking time.	5.00
2 **Start Touch On** Touch **Start** pad.	5.00 COOK

TO SET POWER LEVEL

There are eleven preset power levels.

Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and long slow cooking of meats. Consult cookbook or recipes for specific recommendations.

TOUCH POWER LEVEL PAD	APPROXIMATE PERCENTAGE OF POWER	COMMON WORDS FOR POWER LEVELS
once	100%	High
twice	90%	
3 times	80%	
4 times	70%	Medium High
5 times	60%	
6 times	50%	Medium
7 times	40%	
8 times	30%	Med Low/Defrost
9 times	20%	
10 times	10%	Low
11 times	0%	

- Suppose you want to defrost for 5 minutes at 30%.

PROCEDURE	DISPLAY
1 5 0 0 Enter defrosting time.	5.00
2 **Power Level** x 8 Touch **Power Level** pad 8 times or hold down until the desired power level appears.	30 PERCENT
3 **Start Touch On** Touch **Start** pad.	5.00 COOK

SENSOR COOKING

Sharp's Sensor is a semi-conductor device that detects the vapor (moisture and humidity) emitted from the food as it heats. The sensor adjusts the cooking times and power level for various foods and quantities.

Using Sensor Settings:

1. After oven is plugged in, wait 2 minutes before using Sensor Cooking.
2. Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or paper towel.
3. The oven works with foods at normal storage temperature. For example, popcorn would be at room temperature.
4. Any Sensor Cooking selection can be programmed with More or Less Time Adjustment. See page 23.
5. More or less food than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
6. During the first part of Sensor Cooking, food name will appear on the display. Do not open the oven door or touch **Stop/Clear** during this part of the cooking cycle. The measurement of vapor will be interrupted. If this occurs, an error message will appear. To continue cooking, touch the **Stop/Clear** pad and cook manually.

   When the sensor detects the vapor emitted from the food, remainder of cooking time will appear. Door may be opened when remaining cooking time appears on the display. At this time, you may stir or season food, as desired.
7. If the sensor does not detect vapor properly when popping popcorn, the oven will turn off, and the correct time of day will be displayed. If the sensor does not detect vapor properly when cooking other foods, an error message will be displayed, and the oven will turn off.
8. Check food for temperature after cooking. If additional time is needed, continue to cook manually.
9. Each food has a cooking hint. Touch **Custom Help** pad when the HELP indicator is lighted in the display.

Covering Foods:

Some foods work best when covered. Use the cover recommended in the chart for these foods.

1. Casserole lid.
2. Plastic wrap: Use plastic wrap recommended for microwave cooking. Cover dish loosely; allow approximately 1/2 inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
3. Wax paper: Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.

Be careful when removing any covering to allow steam to escape away from you.

Example:

- Suppose you want to reheat canned chili.

PROCEDURE	
1 Touch **Sensor reheat** pad.	**Sensor reheat**
2 Touch **Start** pad.	**Start** / **Touch On**
When sensor detects the vapor emitted from the food, remainder of cooking time will appear.	

NOTE: The Popcorn, Fresh vegetables and Poultry settings have 2 choices. Follow directions in the Interactive Display to choose desired option.

SENSOR COOKING CHART

FOOD	AMOUNT	PROCEDURE
Popcorn	1 package	Use only popcorn packaged for microwave oven use. Try several brands to decide which you like the best. Do not try to pop unpopped kernels.
	2.85 - 3.5 oz (Regular/Regular light)	Touch **Popcorn** pad and number 1 pad for Regular size. Press **Start** pad.
	1.5 - 1.75 oz (Snack)	Touch **Popcorn** pad and number 2 pad for Snack size. Press **Start** pad.
Sensor reheat	4 - 36 oz	Place in dish or casserole slightly larger than amount to be reheated. Flatten, if possible. Cover with lid, plastic wrap or wax paper. Use covers such as plastic wrap or lids with larger quantities of more dense foods such as stews. After reheating, stir well, if possible. Foods should be very hot. If not, continue to heat with variable power and time. After stirring, re-cover and allow to stand 2 to 3 minutes.
Fresh vegetables: Soft		Wash and place in casserole. Add no water if vegetables have just been washed. Cover with lid for tender vegetables. Use plastic wrap for tender-crisp vegetables. Touch **Fresh vegetables**, number 1 and **Start** pads. After cooking, stir, if possible, let stand, covered, for 2 to 5 minutes.
Broccoli	.25 - 2.0 lb	
Brussels sprouts	.25 - 2.0 lb	
Cabbage	.25 - 2.0 lb	
Caulif. (flowerets)	.25 - 2.0 lb	
Cauliflower (whole)	1 med.	
Spinach	.25 - 1.0 lb	
Zucchini	.25 - 2.0 lb	
Baked apples	2 - 4 med.	
Fresh vegetables: Hard		Place in casserole. Add 1-4 tbsp water. Cover with lid for tender vegetables. Use plastic wrap cover for tender-crisp vegetables. Touch **Fresh vegetables**, number 2 and **Start** pads. After cooking, stir, if possible, let stand, covered, for 2 to 5 minutes.
Carrots, sliced	.25 - 1.5 lb	
Corn on the cob	2 - 4	
Green beans	.25 - 1.5 lb	
Winter squash:		
diced	.25 - 1.5 lb	
halves	1 - 2	
Rice	.5 - 2.0 cups	Place rice into a deep casserole and add double quantity of water. Cover with lid or plastic wrap. After cooking, stir, cover and let stand 3 to 5 minutes or until all liquid has been absorbed.
Baked potatoes:	1 - 4 med.	Pierce. Place on paper-towel-lined turntable. After cooking, remove from oven, wrap in aluminum foil and let stand 5 to 10 minutes.
Ground meat	.25 - 1.5 lb	Use this setting to cook ground beef or turkey as patties or in a casserole to be added to other ingredients. Place patties on a microwave-safe rack and cover with wax paper. Place ground meat in a casserole and cover with wax paper or plastic wrap. When oven stops, turn patties over or stir meat in casserole to break up large pieces. Re-cover and touch **Start** pad. After cooking, let stand, covered for 2 to 3 minutes.

Rice	Water	Size of casserole
.5 cup	1 cup	1.5 quart
1 cup	2 cups	2 quart
1.5 cups	3 cups	2.5 or 3 quart
2 cups	4 cups	3 quart or larger

SENSOR COOKING CHART (continued)

FOOD	AMOUNT	PROCEDURE
Poultry: Boneless	.5 - 1.5 lb	Use boneless breast of chicken or turkey. Cover with vented plastic wrap. Touch **Poultry**, number 1 and **Start** pads. When oven stops, rearrange. Re-cover and touch Start pad. After cooking, let stand, covered, 3-5 minutes. Poultry should be 160°F.
Bone-in	.5 - 3.0 lb	Arrange pieces with meatiest portions toward outside of glass dish or microwave safe rack. Cover with vented plastic wrap. Touch **Poultry**, number 2 and **Start** pads. After cooking, let stand, covered, 3-5 minutes. Dark meat should be 180°F and white meat should be 170°F.
Fish/seafood	.25 - 1.5 lb	Arrange in ring around shallow glass dish (roll fillet with edges underneath). Cover with vented plastic wrap. After cooking, let stand, covered for 3 minutes.
Frozen entrees	6 - 17 oz	Use this pad for frozen convenience foods. It will give satisfactory resuits for most brands. You may wish to try several and choose your favorite. Remove package from outer wrapping and follow package directions for covering. After cooking. let stand, covered, for 1 - 3 minutes.
Frozen snacks:	3 - 8 oz	Use for frozen French fries, cheese sticks, appetizers etc. Remove from outer package. Follow package directions for how to wrap or cover. Be careful when removing from the oven as snack may be very hot.
Frozen vegetables:	.25 - 1.0 lb	Add no water. Cover with lid or plastic wrap. After cooking, stir and let stand, covered, for 3 minutes.

SENSOR COOKING RECIPES

Cranberry Fluff

Makes 6 to 8 servings

- 2 cups fresh cranberries
- 1 cup water
- 3/4 cup sugar
- 1 carton (3 ounces) orange flavored gelatin
- 1/2 pint whipping cream, whipped or
- 1 carton (8 ounces) non-dairy whipped topping

1. Combine cranberries, water and sugar in a 2-quart casserole. Cover with wax paper. Microwave using **Sensor reheat** Less. Drain cranberries and reserve liquid.
2. Add enough hot water to reserved liquid to make 2 cups. Stir the gelatin into hot liquid until it dissolves. Cover with wax paper. Microwave using **Sensor reheat** Less.
3. Add berries and cool. Refrigerate until thickened. Fold whipped cream into cooled cranberry mixture. Spoon into serving dishes and garnish with extra whipped cream. Refrigerate until ready to serve.

SENSOR COOKING RECIPES (continued)

Shrimp Pasta Sauce

Makes 4 servings

- 1 pound of shrimp, peeled and deveined
- 2 cups canned tomato puree
- 1 tablespoon tomato paste
- 1/2 cup thinly sliced fresh basil leaves
- 1/2 teaspoon oregano
- 1 cup thinly sliced scallions (about 2 bunches)
- 1 clove of garlic, minced
- salt and pepper to taste
- Parmesan cheese

1. Place shrimp in 2-quart, covered casserole.
2. Microwave using **Fish/seafood**. Drain and set aside.
3. Combine tomato puree, tomato paste, basil, oregano, scallions, garlic, salt and pepper in 2-quart casserole.
4. Microwave using **Sensor reheat**.
5. Combine sauce with cooked shrimp.
6. Serve sauce over cooked pasta. Garnish with Parmesan cheese.

Glazed Apple Slices

Makes 6 to 8 servings

- 1/4 cup brown sugar
- 3 tablespoons margarine or butter
- 2 tablespoons apricot preserves
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/2 cup sugar
- 3/4 cup orange juice
- 1 tablespoon cornstarch
- 4 baking apples (about 1 1/2 pounds), peeled and sliced into 8 pieces each
- 3 tablespoons chopped green pistachios

1. Combine brown sugar, margarine and apricot preserves in a small bowl. Microwave at HIGH (100%) until margarine melts and preserves soften, 45 seconds to 1 minute. Stir in nutmeg, salt, sugar, orange juice and cornstarch. Microwave at HIGH (100%) until thickened, 4 to 6 minutes, stirring several times.
2. Arrange apple slices in a large microwave serving dish. Spread hot sauce over apples. Cover well with vented plastic wrap. Microwave using **Fresh vegetables**: Soft. Allow to cool 5 minutes before serving.
3. Sprinkle with pistachios. Serve alone or over vanilla ice cream or sponge cake.

Herb-and-Cheese Chicken Breasts

Makes 8 servings

- 1 8-ounce package cream cheese, softened
- 2 tablespoons milk
- 2 green onions, minced
- 1 tablespoon minced parsley
- 1/2 teaspoon thyme leaves
- 1 garlic clove, minced
- 4 whole chicken breasts with skin and bone
- 1/2 cup dried bread crumbs
- 1 teaspoon paprika
- 3 tablespoons butter or margarine, melted

1. In a small bowl, combine cream cheese, milk, green onions, parsley, thyme, and garlic.
2. Push fingers between skin and meat of each chicken breast to form a pocket. Spread an equal amount of cream cheese mixture in each pocket.
3. On waxed paper, combine bread crumbs and paprika. Dip chicken breasts into melted butter, then roll in seasoned bread crumbs to coat.
4. In 8-inch x 8-inch, baking dish, place chicken and cover with plastic wrap. Microwave using **Poultry (bone-in)**.
5. Serve chicken with rice.

SENSOR COOKING RECIPES (continued)

Mexican Seasoned Potatoes

Makes 6 to 8 servings

- 4 medium baking potatoes (8 ounces each)
- 1/4 cup olive oil
- 1 tablespoon instant minced onion
- 1/2 teaspoon chili powder
- 1/2 teaspoon oregano leaves
- 1/4 teaspoon ground cumin
- 1/2 teaspoon salt

1. Cut each potato lengthwise into 4 equal wedges. Place potato wedges into 10-inch square casserole. Toss potatoes with oil to coat well.
2. In small bowl, combine remaining ingredients. Sprinkle over potatoes.
3. Cover potatoes with wax paper. Microwave using **Baked potatoes** setting. Rearrange potatoes when time appears on display. Let stand, covered, 5 minutes.

Hearty Turkey Chili

Makes 6 servings

- 1 pound ground turkey
- 1 large onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 medium zucchini, cut into 1 inch cubes
- 1 28 ounce can of tomatoes
- 1/3 cup tomato paste
- 1 15 1/4 to 19 ounce can red kidney beans, drained
- 8 ounces frozen corn, thawed

1. In 3-quart casserole, place ground turkey, onion, garlic, chili powder and cumin. Mix thoroughly.
2. Cover and microwave using **Ground meat**. Stir and drain.
3. To meat mixture, add zucchini, tomatoes with their liquid, tomato paste, beans and corn. Microwave, covered, using **Sensor reheat**.

Creole Corn

Makes 6 servings

- 2 teaspoons oil
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 16 ounce can tomatoes
- 4 ounce can mushroom stem and pieces, drained
- 1 teaspoon brown sugar
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- salt and pepper to taste
- 1 package (16 ounces) frozen corn

1. In 2-quart casserole, combine oil, celery, green pepper, tomatoes, mushrooms, sugar, onion powder, garlic powder, salt and pepper.
2. Microwave using **Sensor reheat**. Set aside.
3. In covered, 1-quart casserole, microwave corn using **Frozen vegetables**. Drain.
4. Combine corn and vegetable-seasoning mixture. Stir and serve immediately.

Savory Flounder Fillets

Makes 4 servings

- 3/4 cup of corn flake crumbs
- 3 tablespoons chopped parsley
- 2 teaspoons grated lemon peel
- 1/2 teaspoon paprika
- 1 pound flounder fillets
- 1 egg, slightly beaten

1. On waxed paper, combine corn flake crumbs, parsley, lemon peel and paprika. Dip fillets in beaten egg, then coat with crumb mixture.
2. Place fish in a covered, microwave-safe, baking dish. Microwave using **Fish/seafood**.
3. Serve with tartar or cocktail sauce or melted cheese.

LET'S COOK

Your oven has 6 convenience pads to assist with meal preparation. There are some foods in the Breakfast, Lunch, 15 Minute Recipes and From the Pantry that use the sensor. See the sensor cooking information on page 10. For foods not using the sensor, follow the directions in the Interactive Display to enter quantity.

DEFROST CENTER

Defrost Center automatically defrosts all the foods found in the DEFROST CENTER CHART (SUPER DEFROST and COMPU DEFROST) below. Numbers 1-3 are for Super Defrost that defrost specific foods and weights very rapidly. For these choices, it is not necessary to enter weight.

- Suppose you want to defrost a 2.0 pound steak, using CompuDefrost.

PROCEDURE	DISPLAY
1 **Defrost Center** Touch **Defrost Center** pad.	SEE LABEL / SELECT FOOD / NUMBER
2 5 Select desired **Defrost Center** setting by touching desired number pad. (Ex: Touch number pad 5 to select steak.) 2 0 Enter weight. (Ex: Touch number pads 2 and 0 for 2.0 lb.)	STEAKS CHOPS / OR FISH / ENTER WEIGHT / IN POUNDS 2.0 POUNDS / PRESS START
3 **Start / Touch On** Touch **Start** pad.	

The oven will stop so the food can be checked.
The display will show: TURN FOOD / OVER / COVER EDGES

4 After the 1st stage, open the door. Turn steak over and shield any warm portions. Close the door.
Touch **Start** pad. — **Start / Touch On**

5 After the 2nd stage, open the door. Shield any warm portions. Close the door.
Touch **Start** pad. — CHECK FOOD / COVER EDGES — **Start / Touch On**

6 After defrost cycle ends, follow the directions. — LET STAND / COVERED

NOTE:

1. To defrost other foods above or below the weights allowed on the DEFROST CENTER CHART, use time and 30% power. See Manual Defrost on page 22.
2. Defrost Center can be programmed with More or Less Time Adjustment. Touch the **Power Level** pad once or twice before touching **Start** pad. See page 23.
3. Touch **Custom Help** pad when the HELP indicator is lighted in the display for a helpful hint.
4. If you attempt to enter more or less than the amount as indicated in the chart below, an error message will appear in the display.

DEFROST CENTER CHART

SUPER DEFROST

FOOD	AMOUNT	PROCEDURE
1. Ground meat	1.0 lb	Place on defrost rack. At pause, turn over, removed any thawed pieces and break remainder apart. At end, let stand, covered, for 3 to 5 minutes.
2. Boneless poultry	1.0 lb	Place on defrost rack. At pause, turn over and separate into pieces. At end, let stand, covered, for 3 to 5 minutes.
3. Bone-in chicken pieces	2.0 lb	Place on defrost rack. At pause, turn over and separate into pieces. At end, let stand, covered, for 3 to 5 minutes.

COMPU DEFROST

FOOD	AMOUNT	PROCEDURE
4. Ground meat	.5 - 3.0 lb	Remove any thawed pieces after each stage. Let stand, covered, for 5 to 10 minutes.
5. Steaks, chops or fish	.5 - 4.0 lb	After each stage, rearrange and if there are warm or thawed portions, shield with small flat pieces of aluminum foil. Remove any meat or fish that is almost defrosted. Let stand, covered, for 10 to 20 minutes.
6. Chicken pieces	.5 - 3.0 lb	After each stage, rearrange pieces or remove portions should they become warm or thawed. Let stand, covered, for 10 to 20 minutes.

COMPU DEFROST (continued)

FOOD	AMOUNT	PROCEDURE
7. Roast	2.0 - 4.0 lb	Start defrosting with fat side down. After each stage, turn roast over and shield the warm portions with aluminum foil. Let stand, covered, for 30 to 60 minutes.
8. Casserole/Soup	1 - 6 cups	After audible signal, stir if possible. At end, stir well and let stand, covered, for 5 to 10 minutes.

NOTE for SUPER DEFROST: SUPER DEFROST provides just enough defrosting that the foods can be used in recipes or for cooking. There will be some ice crystals remaining.

NOTE for COMPU DEFROST: Check foods when oven signals. After final stage, small sections may still be icy. Let stand to continue thawing. Do not defrost until all ice crystals are thawed.

Shielding prevents cooking from occurring before the center of the food is defrosted. Use small smooth strips of aluminum foil to cover edges and thinner sections of the food.

BEVERAGE CENTER

Beverage Center enables you to reheat coffee or tea to restore to a more suitable drinking temperature or to make instant coffee or tea.

- Suppose you want to make 2 cups of coffee.

PROCEDURE	DISPLAY
1 **Beverage Center** Touch **Beverage Center** pad.	SEE LABEL / SELECT FOOD NUMBER
2 [1] Select desired **Beverage Center** setting by touching desired number pad. (Ex: Touch number [1] pad to make coffee.) [1] x 2 Enter quantity by touching same number pad [1] repeatedly. (Ex: Touch two more times for 2 cups.)	TO MAKE / COFFEE OR TEA CONTINUE / PRESSING 1 FOR CUPS 2 CUPS / PRESS START
3 **Start** / **Touch On** Touch **Start** pad.	

NOTE:

1. Beverage Center can be programmed with More or Less Time Adjustment. Touch the **Power Level** pad once or twice before touching **Start** pad. See page 23.
2. Touch **Custom Help** pad when the HELP indicator is lighted in the display for a helpful hint.
3. More or less than the quantity listed in the chart should be made following the guidelines in any microwave book.

BEVERAGE CENTER CHART

FOOD	AMOUNT	PROCEDURE
1. Make coffee/tea	1 - 4 cups	Use this setting for heating COLD TAP WATER to a temperature somewhat below the boiling point to make instant coffee or tea. Touch number [1] pad for 1 cup increase per touch. Stir liquid briskly before and after heating to avoid "eruption".
2. Reheat	.5 - 2.0 cups	This setting is good for restoring cooled beverage to a better drinking temperature. Touch number [2] pad for a 0.5 cup increase per touch. Stir after heating.

BREAKFAST AND LUNCH

Breakfast and Lunch are for cooking and heating popular foods that take a short amount of time.

- Suppose you want to use Breakfast to cook 2 servings of hot cereal.

PROCEDURE	DISPLAY
1 **Breakfast** Touch **Breakfast** pad.	SEE LABEL / SELECT FOOD / NUMBER
2 3 Select desired **Breakfast** setting by touching desired number pad. (Ex: Touch number 3 pad to select hot cereal.) 2 Enter quantity. (Ex: Touch number 2 pad for servings.)	HOT CEREAL / ENTER NUMBER / OF SERVINGS / 2 SERVINGS / PRESS START
3 **Start** / **Touch On** Touch **Start** pad.	
4 After cooking, follow directions in the display.	

NOTE:

1. The rolls/muffins setting has 2 choices. Follow directions in the Interactive Display to choose option.
2. Breakfast can be programmed with More or Less Time Adjustment. Touch the **Power Level** pad once or twice before touching **Start** pad. See page 23.
3. Each food has a cooking hint. Touch **Custom Help** when the HELP indicator is lighted in the display.
4. Should you attempt to enter more or less than the allowed amount, an error message will appear in the display.

   More or less than the quantity listed in the chart should be cooked following the guidelines in any microwave book.
5. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check food for temperature after cooking. If additional time is needed, continue to cook manually.

BREAKFAST CHART

*It is not necessary to enter quantity.

FOOD	AMOUNT	PROCEDURE
1. Scrambled Eggs	1 - 9 eggs	For each egg, use 1 teaspoon of butter or margarine and 1 tablespoon of milk. Place butter or margarine in dish, measuring cup or casserole large enough for the egg to expand. Mix egg and milk together. Pour onto butter or margarine in dish. Place in oven and program. When audible signals are heard, stir egg mixture moving the cooked portion to the center of the dish and uncooked portion to the outside. After cooking, stir and let stand, covered, until set. Note that eggs will be slightly undercooked when removed from the oven.
2. Bacon	2 - 6 slices	Place bacon on paper plate, lined with paper towel. Bacon should not extend over the rim of plate. Cover with another paper towel. Allow bacon to stand a few minutes after removing from the oven to complete the cooking.
3. Hot Cereal	1 - 4 servings	Use individual packets or bulk cereal in your favorite variety: oatmeal, oat bran, cream of wheat, farina or wheatena. Follow package directions for the correct amount of water or milk. To prevent boil overs, it is very important to choose a large container because microwave cooking of cereal causes high boiling. If the oven stops and audible signals are heard, stir and touch **Start** pad. After cooking, stir and let stand, covered, for 2 minutes.
4. Rolls & Muffins		Use this pad to warm rolls, muffins, biscuits, bagels etc. Large items should be considered as 2 or 3 regular size. Arrange on plate: cover with paper towel.
Fresh	1 - 6 pieces	To warm fresh rolls and muffins, touch **Breakfast** pad, number 4 pad and touch number 1 pad. Then enter desired quantity and touch **Start** pad. For refrigerated rolls or muffins, it may be necessary to double the entered amount to ensure the proper serving temperature. For example, enter quantity of 2 for 1 refrigerated muffin.
Frozen	1 - 6 pieces	For frozen rolls and muffins, touch **Breakfast** pad, number 4 pad and touch number 2 pad. Then enter desired quantity and touch **Start** pad.
5. Frozen Breakfast Foods *	1 (3 - 6 oz)	This setting works well for frozen breakfast entrees, pancakes, waffles burritos etc. Follow manufacturer's directions for how to prepare for microwaving. Allow to stand 1 or 2 minutes after cooking.

LUNCH CHART

*It is not necessary to enter quantity.

FOOD	AMOUNT	PROCEDURE
1. Meal in a Cup *	1 (6 - 8 oz)	This setting is ideal for individual portions of canned food packed in a small microwaveable container. Remove inner metal lid and replace outer microwaveable lid. Stir after cooking.
2. Hot Dogs in Buns *	1 - 4	Place hot dog in bun. Wrap each with paper towel or napkin.
3. Soup *	1 - 4 cups	Place in bowl or casserole. Cover with lid or plastic wrap. At end, stir, re-cover and let stand 1 to 3 minutes.
4. Microwave Pizza *	1 (6 - 8 oz)	Use for frozen microwave pizza. Remove from package and unwrap. Follow package directions for use of package and/or silver crisping disk.
5. Frozen Sandwich *	1 (3 - 6 oz)	Use for frozen microwaveable sandwiches. Remove from package and follow directions for placing in the oven.

15 MINUTE RECIPES AND FROM THE PANTRY

15 Minute Recipes and From the Pantry each offer five simple-to-prepare but great tasting meals. Follow the specific directions on the Recipe Card and in the Interactive Display.

- Suppose you want to cook Saucy Chicken in 15 Minute Recipes.

PROCEDURE	DISPLAY
1 Touch **15 Minute Recipes** pad.	SEE LABEL NUMBER / SELECT RECIPE
2 Select desired **15 Minute Recipes** setting by touching desired number pad. (Ex: Touch number 1 pad to select Saucy Chicken.)	SAUCY CHICKEN
Follow the Recipe Card for ingredients and instructions.	SEE RECIPE / CARD / PRESS START
3 Touch **Start** pad.	Start / Touch On
4 When the oven stops, the display will show the instruction number on the Recipe Card. Follow the instructions on the recipe card. Touch **Start** pad.	CHECK RECIPE / INSTRUCTIONS 2 / Start / Touch On
5 At end, the display will show the instruction number on the Recipe Card. Follow the instruction on the Recipe Card.	CHECK RECIPE / INSTRUCTIONS 3

15 MINUTE RECIPES (Recipes serve 6)

1. SAUCY CHICKEN

1. Place in a 3-quart casserole:

1 tablespoon oil
1/2 pound mushrooms, sliced
1 onion, chopped
1 tablespoon minced garlic

Stir well and cover. Touch **15 Minute Recipes,** number 1 to select SAUCY CHICKEN and then touch **Start.**

2. Blend together:

8 ounces reduced fat cream cheese, softened
1/4 cup milk

Stir into the cream cheese mixture:

1 10-ounce package of frozen peas
2 cups cooked, thinly sliced chicken breast
Salt and pepper to taste

At pause, drain liquid from mushrooms etc. Add cream cheese/peas/chicken mixture and stir together.

Re-cover. Touch **Start**.

3. At end, stir in 1 cup shredded Monterey Jack cheese.

Serve on top of baked potatoes or cooked pasta.

2. HAWAIIAN PORK

1. Place in 3-quart casserole:

1 tablespoon oil
1 pound boneless pork loin, cut into 1-inch strips, seasoned with salt and pepper

Stir well and cover. Touch **15 Minute Recipes,** number 2 to select HAWAIIAN PORK and then touch **Start**.

2. Combine well in a large bowl:

1 cup peach or apricot preserves
1/4 cup barbecue sauce
2 tablespoons soy sauce
2 tablespoons cornstarch
1 cup coarsely chopped onions

At pause, add preserves/barbecue sauce mixture and stir together well.

Re-cover. Touch **Start**.

3. At pause, add:

1 8-ounce can sliced water chestnuts, drained
1 green pepper, seeded and cut into 2-inch thin strips
1 red pepper, seeded and cut into 2-inch thin strips
1 20-ounce can pineapple chunks, drained

Stir to combine.

Re-cover. Touch **Start**.

4. At end, stir again.

Serve on cooked rice.

3. FIESTA CHILI

1. Place in 3-quart casserole:

1 1/4 pounds ground turkey
1/2 cup diced onions
1/2 cup diced red pepper

Break up turkey and stir in onions and red pepper. Cover. Touch **15 Minute Recipes,** number 3 to select FIESTA CHILI and then touch **Start**.

2. At pause, drain and add to the casserole:

8 ounces chunky salsa
1 11-ounce can of Mexican corn, drained
1 15-ounce can chili with beans
1 to 3 teaspoons chili powder

Stir together well. Re-cover. Touch **Start**.

3. At end, stir well.

Serve over cooked rice or nacho chips. Top with 2 cups shredded Monterey Jack or Cheddar cheese.

4. GLAZED SALMON

1. Combine:

1/4 cup orange juice concentrate
2 tablespoons honey mustard
1 tablespoon grated fresh ginger or 2 teaspoons ground ginger

Place in 7" x 11" glass casserole:

1 1/2 pound salmon fillet

Drizzle 1/2 of the orange mixture over top of salmon. Cover with plastic wrap. Touch **15 Minute Recipes,** number 4 to select GLAZED SALMON and then touch **Start**.

2. At pause, place around edge of salmon:

3 cups broccoli florets
1 red pepper, cut into thin strips

Drizzle remaining orange mixture over vegetables. Top all with 2 tablespoons toasted sesame seeds.

Re-cover. Touch **Start**.

3. At end, allow to stand, covered, for 3 to 5 minutes.

Serve with buttered rice, pasta or potatoes garnished with parsley.

5. HEALTHY FRITTATA

1. Grease 9" pie plate. Place in it:

1/2 pound mushrooms, sliced
3/4 cup chopped onion
1 tablespoon minced garlic
1/4 pound chopped low-fat smoked sausage

Cover with plastic wrap. Touch **15 Minute Recipes,** number 5 to select HEALTHY FRITTATA and then touch **Start**.

2. At pause, drain and set aside.

In a medium bowl, combine and stir together well:

3 large eggs
1/2 cup nonfat sour cream
1 tablespoon Dijon mustard
1/2 teaspoon salt
1/8 teaspoon pepper

Add and stir together:

1/2 10-ounce package frozen chopped spinach, thawed and squeezed dry
1 cup shredded Swiss cheese

Pour mixture in bowl over top of mushroom/onion/sausage mixture. Mix together carefully.

Do not cover. Press **Start**.

3. At end, remove from oven and allow to stand for 3 to 5 minutes.

Serve with tossed salad and sliced tomatoes for brunch.

FROM THE PANTRY (Recipes serve 6)

1. BEEF WRAPS

1. Place in a 2-quart casserole:

1 pound ground beef

Break apart and cover. Touch **From the Pantry,** number 1 to select BEEF WRAPS and then touch **Start**.

2. At pause, drain fat and break ground beef into small pieces. Add to casserole:

1 10-ounce package frozen chopped spinach, thawed and drained
1 1/2 cups salsa
1-3 teaspoons chili powder

Stir together well. Re-cover. Touch **Start**.

3. At end, stir well and place in 8 warmed corn tortillas. Top with 1 cup shredded Cheddar cheese.

2. MEXICAN CHICKEN

1. Place in layers in a 3-quart casserole:

2 cups instant rice
1 cup prepared fajita sauce mixed with 1/2 cup chicken broth or bouillon
2 10-ounce packages frozen seasoning mix (onion, peppers, parsley and celery)
1 pound boneless chicken breast, cut into 1-inch thin strips

Cover. Touch **From the Pantry,** number 2 to select MEXICAN CHICKEN and then touch **Start**.

2. At pause, stir together being sure that chicken strips are separated and mixed into the rice/sauce.

Re-cover. Press **Start**.

3. At end, stir.

Serve with buttered green beans and toasted tortillas.

3. ITALIAN SALAD

1. To cook pasta:

Place in 3-quart casserole:

6 cups very hot tap water

Cover. Touch **From the Pantry,** number 3 to select ITALIAN SALAD and then touch **Start**.

2. At pause, add:

8 ounces tricolored rotini or fusilli pasta
1 teaspoon salad oil

Do not cover. Touch **Start**.

3. At end, drain pasta and set aside.

To cook chicken:
Place in greased 9" pie plate:

1 pound boneless chicken breast, cut into 1-inch thin strips

Cover. Press **Start**.

4. At pause, rearrange moving less done pieces to the outside of the pie plate.

Re-cover. Press **Start**.

5. Drain and set aside.

To make salad:
Place in large salad bowl:

Cooked rotini or fusilli
Cooked chicken breast
2 tomatoes, cut into eighths
1/2 cup sliced black olives
1 cup mozzarella cheese, shredded
1/4 cup red onion, chopped
3/4-1 cup oil-vinegar type dressing with pesto

Toss together to coat all pieces.

Serve immediately or chill to serve later. Ideal when served with warm crusty rolls.

4. TUNA MACARONI

1. To cook macaroni:

Place in 3-quart casserole:

6 cups very hot tap water

Cover. Touch **From the Pantry,** number 4 to select TUNA MACARONI and then touch **Start**.

2. At pause, add:

2 cups elbow macaroni
1 teaspoon salad oil

Do not cover. Touch **Start**.

3. At end, drain macaroni and set aside in the casserole.

Combine in bowl:

1 can cream of celery soup
1/2 cup milk
1/2 cup nonfat sour cream

Add to macaroni in casserole:

Soup/milk/sour cream mixture
1 6 1/2-ounce can solid white water packed tuna fish, drained and flaked
1 cup frozen peas
1 cup shredded Cheddar cheese
Salt and pepper to taste

Stir together until well mixed. Cover. Touch **Start**.

4. At end, stir again.

Serve with fresh carrot sticks, tossed salad and dinner rolls.

5. GARDEN MEDLEY

1. Place in 2 1/2-quart casserole:

1 pound peeled baking potatoes, cut into eighths and thinly sliced
1 14 1/2-ounce can diced tomatoes
2 teaspoons minced garlic
1 teaspoon thyme leaves

Cover with a lid. Touch **From the Pantry,** number 5 to select GARDEN MEDLEY and then touch **Start**.

2. At pause, stir well and add:

1 16-ounce package frozen stir fry mixed vegetables
2 cups thinly sliced summer squash

Re-cover. Touch **Start**.

3. At end, sprinkle top with 4 ounces shredded Cheddar cheese.

Serve with spinach salad and chilled melon.

OTHER CONVENIENT FEATURES

KEEP WARM PLUS

Keep Warm Plus allows you to keep food warm up to 30 minutes.

You can program Keep Warm Plus with manual cooking to keep food warm continuously after cooking.

DIRECT USE

- Suppose you want to keep a cup of soup warm for 15 minutes.

PROCEDURE	
1 Touch **Keep Warm Plus** pad.	**Keep Warm Plus**
2 Enter the desired time.	1 5 0 0
3 Touch **Start** pad.	**Start / Touch On**

The oven will start. The display will show 15.00 and count down. KEEP, WARM will be displayed during the count down.

WITH MANUAL COOKING

- Suppose you want to cook a cup of soup for 2 minutes at 70% and keep the soup warm for 15 minutes.

PROCEDURE	
1 Enter cooking time.	2 0 0
2 Touch **Power Level** pad 4 times for 70% power.	**Power Level** x 4
3 Touch **Keep Warm Plus** pad.	**Keep Warm Plus**
4 Enter the desired time.	1 5 0 0
5 Touch **Start** pad.	**Start / Touch On**

The operation will start. When the cooking time is complete, a long tone will sound and Keep Warm Plus will start. The display will count down for 15 minutes and KEEP, WARM will be displayed during the count down.

NOTE:

1. If you attempt to enter more than 30 minutes for Keep Warm Plus, an error message will appear in the display.
2. Keep Warm Plus cannot be programmed with Sensor Cooking or Let's Cook.
3. Touch the **Custom Help** pad when the HELP indicator is lighted in the display.

MANUAL DEFROST

If the food that you wish to defrost is not listed on the DEFROST CENTER CHART or is above or below the limits in the "Amount" column on the DEFROST CENTER CHART, you need to defrost manually.

You can defrost any frozen food, either raw or previously cooked, by using 30% Power Level. See page 9. Estimate defrosting time and press **Power Level** pad 8 times when you select the power level.

For either raw or previously cooked frozen food the rule of thumb is approximately 4 minutes per pound. For example, defrost 4 minutes for 1 pound of frozen spaghetti sauce.

Always stop the oven periodically to remove or separate the portions that are defrosted. If food is not defrosted at the end of the estimated defrosting time, program the oven in 1 minute increments at 30% until totally defrosted.

When using plastic containers from the freezer, defrost only long enough to remove from the plastic in order to place in a microwave-safe dish.

MULTIPLE SEQUENCE COOKING

Your oven can be programmed for up to 4 automatic cooking sequences, switching from one power level setting to another automatically.

Sometimes cooking directions tell you to start on one power level and then change to a different power level. Your oven can do this automatically.

- Suppose you want to cook roast beef for 5 minutes at 100% and then continue to cook for 30 minutes at 50%.

PROCEDURE

1	First enter cooking time. Then touch **Power Level** pad once for 100% power.	5 0 0 **Power Level** x 1
2	Then enter second cooking time. Touch **Power Level** pad 6 times for 50% power.	3 0 0 0 **Power Level** x 6
3	Touch **Start** pad.	**Start / Touch On**

NOTE:

1. If **Power Level** pad is touched once, HIGH POWER will be displayed.
2. If 100% is selected as the final sequence, it is not necessary to touch the **Power Level** pad.
3. If you wish to know power level, simply touch the **Power Level** pad. As long as your finger is touching the **Power Level** pad, the power level will be displayed.
4. Keep Warm Plus can be programmed continuously even if 4 cooking sequences have been set.

MINUTE PLUS

Minute Plus allows you to cook for a minute at 100% by simply touching the **Minute Plus** pad. You can also extend cooking time in multiples of 1 minute by repeatedly touching the **Minute Plus** pad during manual cooking.

- Suppose you want to heat a cup of soup for one minute.

PROCEDURE

1	Touch **Minute Plus** pad.	**Minute Plus**

NOTE:

1. To use Minute Plus, touch pad within 3 minutes after cooking, closing the door, touching the **Stop/Clear** pad or during cooking.
2. Minute Plus cannot be used with Sensor Cooking, Let's Cook or Keep Warm Plus.

TOUCH ON

Touch On allows you to cook at 100% power by touching the **Touch On** pad continuously. Touch On is ideal for melting cheese, bringing milk to just below boiling etc. The maximum cooking time is 3 minutes.

- Suppose you want to melt cheese on a piece of toast.

PROCEDURE

1	Continuously touch **Touch On** pad. The cooking time will begin counting up.	**Start / Touch On**
2	When the cheese is melted to desired degree, remove finger from **Touch On** pad. Oven stops immediately.	

NOTE:

1. Note time it takes for frequently used foods and program that time in the future.
2. Touch **Touch on** pad within 3 minutes after cooking, opening and closing the door or touching the **Stop/Clear** pad.
3. Touch On can only be used 3 times in a row. If more times are needed, open and close door or touch **Stop/Clear** pad.

TIMER

- Suppose you want to time a 3-minute long distance phone call.

PROCEDURE		
1	Touch **Timer** pad and number pad 1.	Timer Clock, 1
2	Enter time.	3 0 0
3	Touch **Timer** pad. The Timer will count down.	Timer Clock

MORE OR LESS TIME ADJUSTMENT

Should you discover that you like any of the Sensor Cooking or Let's Cook (except for 15 Minute Recipes and From the Pantry) settings slightly **more** done, touch the **Power Level** pad **once** before touching the **Start** pad.

The display will show MORE.

Should you discover that you like any of the Sensor Cooking or Let's Cook (except for 15 Minute Recipes and From the Pantry) settings slightly **less** done, touch the **Power Level** pad **twice** before touching the **Start** pad.

The display will show LESS.

DEMONSTRATION MODE

To demonstrate, touch **Clock**, the number 0 and then touch **Start** pad and hold for 3 seconds. DEMO ON will appear in the display. Cooking operations and specific special features can now be demonstrated with no power in the oven. For example, touch **Minute Plus** pad and the display will show 1.00 and count down quickly to END.

To cancel, touch **Clock**, then the number 0 and **Stop/Clear** pads. If easier, unplug the oven from the electrical outlet and replug.

CUSTOM HELP

Custom Help provides 4 features which make using your oven easy because specific instructions are provided in the interactive display.

1. CHILD LOCK

The Child Lock prevents unwanted oven operation such as by small children. The oven can be set so that the control panel is deactivated or locked. To set, touch **Custom Help**, the number 1 and **Start** pads. Should a pad be touched, CHILD LOCK will appear in the display.

To cancel, touch **Custom Help** and **Stop/Clear** pads.

2. AUDIBLE SIGNAL ELIMINATION

If you wish to have the oven operate with no audible signals, touch **Custom Help**, the number 2 and **Stop/Clear** pads.

To cancel and restore the audible signal, touch **Custom Help**, the number 2 and **Start** pads.

3. AUTO START

If you wish to program your oven to begin cooking automatically at a designated time of day, follow this procedure:

- Suppose you want to start cooking a stew for 20 minutes on 50% at 4:30. Before setting, check to make sure the clock is showing the correct time of day.

PROCEDURE		
1	Touch **Custom Help** pad.	Custom Help
2	Touch number 3 pad.	3
3	Enter the start time.	4 3 0
4	Touch **Clock** pad.	Timer Clock
5	Enter cooking program.	2 0 0 0, Power Level x 6
6	Touch **Start** pad.	Start Touch On

NOTE:

1. Auto Start can be used for manual cooking if clock is set.
2. If the oven door is opened after programming Auto Start, it is necessary to touch the **Start** pad for Auto Start time to appear in the readout so that the oven will automatically begin programmed cooking at the chosen Auto Start time.
3. Be sure to choose foods that can be left in the oven safely until the Auto Start time. Acorn or butternut squash are often a good choice.
4. If you wish to know the time of day, simply touch the **Clock** pad. As long as your finger is touching the **Clock** pad, the time of day will be displayed.

4. LANGUAGE / WEIGHT SELECTION

The oven comes set for English and U.S. Customary Unit-pounds. To change, touch **Custom Help** and the number 4 pads. Continue to touch the number 4 pad until your choice is selected from the table. Then, touch **Start** pad.

- Touch number 4 pad for language and standard of weight.

NUMBER	LANGUAGE	STANDARD OF WEIGHT	DISPLAY
Once	English	LBS	ENGLISH LB
Twice	English	KG	ENGLISH KG
3 times	Spanish	LBS	ESPANOL LB
4 times	Spanish	KG	ESPANOL KG
5 times	French	LBS	FRANCAIS LB
6 times	French	KG	FRANCAIS KG

HELP

Each setting of Sensor Cooking, Let's Cook and Keep Warm Plus has a helpful hint. If you wish to check, touch **Custom Help** pad whenever HELP is lighted in the Interactive Display for these hints.

CLEANING AND CARE

Disconnect the power cord before cleaning. If possible, leave the door open to inactivate the oven during cleaning.

Exterior

The outside surface is painted. Clean the outside with mild soap and water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

Door

Wipe the window on both sides with a damp cloth to remove any spills or spatters. Metal parts will be easier to maintain if wiped frequently with a damp cloth. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.

Touch Control Panel

Wipe the panel with a cloth dampened slightly with water only. Dry with a soft cloth. Do not scrub or use any sort of chemical cleaners. Close door and touch **Stop/Clear** pad.

Interior

Cleaning is easy because little heat is generated to the interior surfaces; therefore, there is no baking and setting of spills or spattering. To clean the interior surfaces, wipe with a soft cloth and warm water. DO NOT USE ABRASIVE OR HARSH CLEANERS OR SCOURING PADS. For heavier soil, use baking soda or a mild soap; rinse thoroughly with hot water. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF THE OVEN.

Waveguide Cover

The waveguide cover is made from mica so requires special care. Keep the waveguide cover clean to assure good oven performance. Carefully wipe with a damp cloth any food spatters from the surface of the cover immediately after they occur. Built-up splashes may overheat and cause smoke or possibly catch fire. Do not remove the waveguide cover.

Odor Removal

Occasionally, a cooking odor may remain in the oven. To remove, combine 1 cup water, grated peel and juice of 1 lemon and several whole cloves in a 2-cup glass measuring cup. Boil for several minutes using 100% power. Allow to set in oven until cool. Wipe interior with a soft cloth.

Turntable/Turntable Support

The turntable and turntable support can be removed for easy cleaning. Wash them in mild, sudsy water; for stubborn stains use a mild cleanser and a non-abrasive scouring sponge. They are also dishwasher-proof. Use upper rack of dishwasher. The turntable motor shaft is not sealed, so excess water or spills should be wiped up immediately.

SERVICE CALL CHECK

Please check the following before calling for service:

Place one cup of water in a glass measuring cup in the oven and close the door securely.
Operate the oven for one minute at HIGH 100%.

A Does the oven light come on? YES _____ NO _____

B Does the cooling fan work? YES _____ NO _____
(Put your hand over the rear ventilating openings.)

C Does the turntable rotate? YES _____ NO _____
(It is normal for the turntable to turn in either direction.)

D Is the water in the oven warm? YES _____ NO _____

If "NO" is the answer to any of the above questions, please check electrical outlet, fuse and/or circuit breaker. If they are functioning properly, CONTACT YOUR NEAREST SHARP AUTHORIZED SERVICER. A microwave oven should never be serviced by a "do-it-yourself" repair person.

NOTE: If time appearing in the display is counting down very rapidly, check Demonstration Mode on page 23 and cancel.

THE ULTIMATE ACCESSORY

Great recipes
~ Reliable microwave reference guide
~ Many color photos
~ Step-by-step instructions
~Nutritional information for each recipe
~ Durable wipe-clean soft cover with 128 8 1/2 x 11 pages
~ Helpful tips and special techniques

SHARP®
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Simply call this toll-free number : **1-800-642-2122**. Please have your credit card ready.

If you prefer to order by mail, complete and return the order form on page 26. Please include check or money order (payable to Sharp Accessories & Supplies Center) for $6.00 plus $4.25 shipping & handling and tax, if applicable, per book.

SATISFACTION GUARANTEED

You must be completely satisfied with the Sharp Carousel Microwave Cookbook. If, within 14 days, you are dissatisfied for any reason, simply return the book and we'll gladly refund your $6.00 plus tax.

(SOLAMENTE ESCRITO EN INGLES!)

SPECIFICATIONS

AC Line Voltage:	Single phase 120V, 60Hz, AC only
AC Power Required:	1640W 14.2 amps.
Output Power:	
Microwave	1200W★ (IEC Test Procedure)
Frequency:	2450 MHz
Outside Dimensions:	20 1/2"(W) x 11 7/8"(H) x 17 1/8"(D)
Cavity Dimensions:	14 3/4"(W) x 8 3/4"(H) x 15 3/4"(D)
Oven Capacity:	1.2 Cu.Ft.
Cooking Uniformity:	Turntable system
Weight:	Approx. 35 lb

★ The International Electrotechnical Commission's standardized method for measuring output wattage. This test method is widely recognized.

In compliance with standards set by:

FCC – Federal Communications Commission Authorized.

DHHS – Complies with Department of Health and Human Services (DHHS) rule, CFR, Title 21, Chapter I, Subchapter J.

– This symbol on the nameplate means the product is listed by Underwriters Laboratories, Inc.

Cut along this line.

COOKBOOK ORDER FORM

Please send me _____ cookbooks at $10.25 each $ _____

Illinois sales tax, (if applicable) per book $.44 no. of books _____ $ _____

TOTAL ORDER AMOUNT $ _____

☐ I have enclosed a check made payable to Sharp Accessories & Supplies Center.

☐ Please bill my ☐ VISA ☐ MASTERCARD ☐ AMERICAN EXPRESS

Acct. No. _____ Expiration date ____ / ___

Signature_____

(All credit card orders must be signed.)

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Address _____

City _____ State _____ Zip _____

Daytime Phone No. ( ) _____

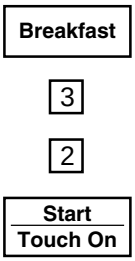
Mail to: SHARP Accessories & Supplies Center
2130 Townline Road
Peoria, Illinois 61615–1560

Price is subject to change without notice.

GUIA AUTO-TOUCH

BREAKFAST
(DESAYUNO)

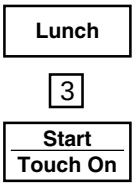
1 Toque el botón **Breakfast**.
2 Seleccione la comida deseada. (Ej: toque el botón número 3 para cereales calientes.)
3 Toque el botón número 2 para dos raciones.
4 Toque el botón **Start**.



ALIMENTO	CANTIDAD
1. Huevos revueltos	1 - 9 huevos
2. Toino	2 - 6 rebanadas
3. Cereal caliente	1 - 4 porciones
4. Calentar pan fresco	1 - 6 piezas
5. Alimentos congelados de desayuno	1 (3 - 6 oz)

LUNCH
(COMIDA RAPIDA)

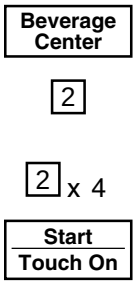
1 Toque el botón **Lunch**.
2 Seleccione la comida deseada. (Ej: toque el botón número 3 para sopa.)
3 Toque el botón **Start**.



ALIMENTO	CANTIDAD
1. Comida en una taza	1 (6 - 8 oz)
2. Hot dog en su pan	1 - 4
3. Sopa	1 - 4 tazas
4. Pizza de microondas	1 (6 - 8 oz)
5. Emparedado	1 (3 - 6 oz)

BEVERAGE CENTER
(CENTRO DE BEBIDAS)

1 Toque el botón **Beverage Center**.
2 Seleccione el ajuste Beverage Center deseado. (Ej: toque el botón número 2 para volver a calentar café.)
3 Toque el botón número 2 4 veces para 2 tazas.
4 Toque el botón **Start**.



ALIMENTO	CANTIDAD
1. Para preparar café o té	1 - 4 tazas
2. Recalentar	0,5 - 2,0 tazas

15 MINUTE RECIPES
(RECETAS RAPIDAS EN 15 MINUTOS)

1 Toque el botón **15 Minute Recipes**.
2 Seleccione la comida deseada. (Ej: toque el botón número 2 para cerdo a la hawaiana.)
3 Toque el botón **Start**.

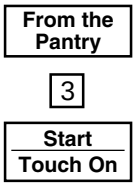
RECETA (Todas menus para 6 raciones)

1. Pollo a la crema
2. Cerdo a la hawaiana
3. Pavo en salsa
4. Salmon glaseado
5. Ensalada dietetica

CONSULTE LA TARJETA DE RECETAS PARA CONCER DETALLES.

FROM THE PANTRY
(RECETAS ADICIONALES)

1 Toque el botón **From the Pantry**.
2 Seleccione la comida deseada. (Ej: toque el botón número 3 para ensalada italiane.)
3 Toque el botón **Start**.



RECETA (Todas menus para 6 raciones)

1. Rollo de carne
2. Pollo a la mexicana
3. Ensalada italiane
4. Pastas con a tun
5. Ensalada de verduras

CONSULTE LA TARJETA DE RECETAS PARA CONCER DETALLES.

KEEP WARM PLUS
(MANTENER ALIMENTO CALIENTE MEJORADO)

1 Toque el botón **Keep Warm Plus**.
2 Determine el tiempo deseado. (Ej.: 15 min.)
3 Toque el botón **Start**.

Continúa en la página 28

GUIA AUTO-TOUCH

Si desea leer información más completa y precauciones de seguridad para el manejo del horno, consulte el manual de operaciones.

PARA FIJAR LA HORA

Si en la pantalla se lee *SHARP SIMPLY THE BEST PRESS CLEAR AND PRESS CLOCK* toque primero **Stop/Clear**.

1 Toque **Clock** y el número 2. [Timer Clock] [2]

2 Ajuste el reloj en la hora correcta oprimiendo los botones numéricos en el orden respectivo. (Ej: 12:30) [1] [2] [3] [0]

3 Toque nuevamente el botón que dice **Clock**. [Timer Clock]

SENSOR COOKING (SENSOR DE COCCION)

1 Toque el botón **Baked Potatoes**. [Baked potatoes]

2 Toque el botón **Start**. [Start Touch On]

ALIMENTO	CANTIDAD
Popcorn (Palomitas de maiz)	1 paquete
Regular (Tamaño normal)	2,85 a 3,5 oz
Snack (Tamaño snak)	1,5 a 1,75 oz
Sensor Reheat (Sensor de recalentar)	4 a 36 onzas
Fresh Vegetables: (Verdura fresca:)	
Soft (Suave)	0,25 a 2,0 libras
Hard (Firme)	0,25 a 1,5 libras
Rice (Arroz)	0,5 a 2,0 libras
Baked Potatoes (Papa asada)	1 a 4 medianas
Ground Meat (Carne molida)	0,25 a 1,5 libras
Poultry: (Aves:)	
Sin hueso	0,5 a 1,5 libras
Con hueso	0,5 a 3,0 libras
Fish/Seafood (Pescado, mariscos)	0,25 a 1,5 libras
Frozen Entrees (Plato fuerte congelado)	6 a 17 onzas
Frozen Snacks (Bocadillo congelado)	3 a 8 onzas
Frozen Vegetables (Verduras congeladas)	0,25 a 1,0 libras

MINUTE PLUS

Toque el botón **Minute Plus** para un minuto al 100% de enargla, o para añadir un minuto cuando cocine en el modo manual.
Continúe tocándolo para añadir más minutos. [Minute Plus]

OPERACION MANUAL

Cocción de Alta Potencia

1 Oprima los botones numéricos para determinar el tiempo de cocción. (Ej: 1 min. 30 seg.) [1] [3] [0]

2 Toque el botón **Start** . [Start Touch On]

Cocción de Potencia Variable

1 Después del paso 1 anterior, toque el botón **Power Level** 6 veces. (Ej: 50%). [Power Level] x 6

2 Toque el botón **Start** . [Start Touch On]

DEFROST CENTER (DESCONGERACION RAPIDA)

1 Toque el botón **Defrost Center**. [Defrost Center]

2 Seleccione la comida deseada. (Ej: toque el botón número 5 para descongelar un filete de carne.) [5]

3 Toque los botones número 2 y 0 para 2.0 libras. (Ej: filete de 2.0 libras.) [2] [0]

4 Toque el botón **Start**. Durante la descongelación, el horno se parará; siga las indicaciones. Toque el botón **Start** para continuar descongelando. [Start Touch On]

ALIMENTO	CANTIDAD
SUPER DEFROST	
1. Carne molida	1,0 lb
2. Pollo sin hueso	1,0 lb
3. Pollo con hueso	2,0 lb
COMPU DEFROST	
4. Carne molida	0,5 - 3,0 libras
5. Bistec, chuleta o pescado	0,5 - 4,0 libras
6. Piezas de pollo	0,5 - 3,0 libras
7. Asado	2,0 - 4,0 libras
8. Caserola/Sopa	1 - 6 tazas

TOUCH ON

Toque sin interrupción el botón que dice **Touch On** para cocinar con un 100% de potencia. En cuanto quite el dedo el horno se detendrá instantáneamente. [Start Touch On]

AUTO-TOUCH GUIDE

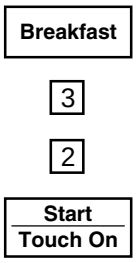
BREAKFAST

1 Touch **Breakfast** pad.

2 Select desired food. (Ex: touch number 3 pad for hot cereal.)

3 Enter the quantity if necessary. (Ex: touch number 2 pad for 2 servings.)

4 Touch **Start** pad.



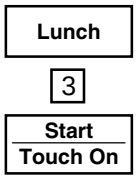
FOOD	AMOUNT
1. Scrambled Eggs	1 - 9 eggs
2. Bacon	2 - 6 slices
3. Hot Cereal	1 - 4 servings
4. Rolls & Muffins	1 - 6 pieces
5. Frozen Breakfast Foods	1 (3 - 6 oz)

LUNCH

1 Touch **Lunch** pad.

2 Select desired food. (Ex: touch number 3 pad for soup.)

3 Touch **Start** pad.



FOOD	AMOUNT
1. Meal in a Cup	1 (6 - 8 oz)
2. Hot Dogs in Buns	1 - 4
3. Soup	1 - 4 cups
4. Microwave Pizza	1 (6 - 8 oz)
5. Frozen Sandwich	1 (3 - 6 oz)

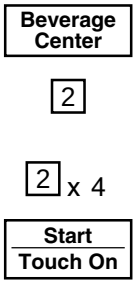
BEVERAGE CENTER

1 Touch **Beverage Center** pad.

2 Select desired Beverage Center setting. (Ex: touch number 2 pad to reheat coffee.)

3 Touch number 2 pad 4 times for 2 cups.

4 Touch **Start** pad.



FOOD	AMOUNT
1. Make coffee or tea	1 - 4 cups
2. Reheat	.5 - 2.0 cups

15 MINUTE RECIPES

1 Touch **15 Minute Recipes** pad.

2 Select desired recipe. (Ex: touch number 2 pad for Hawaiian pork.)

3 Touch **Start** pad.

RECIPES (All are for 6 servings)

1. Saucy Chicken
2. Hawaiian Pork
3. Fiesta Chili
4. Glazed Salmon
5. Healthy Frittata

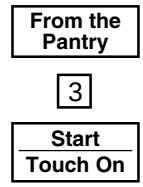
SEE RECIPE CARD FOR DETAILS.

FROM THE PANTRY

1 Touch **From the Pantry** pad.

2 Select desired recipe. (Ex: touch number 3 pad for Italian Salad.)

3 Touch **Start** pad.



RECIPES (All are for 6 servings)

1. Beef Wraps
2. Mexican Chicken
3. Italian Salad
4. Tuna Macaroni
5. Garden Medley

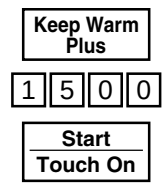
SEE RECIPE CARD FOR DETAILS.

KEEP WARM PLUS

1 Touch **Keep Warm Plus** pad.

2 Enter the desired time. (Ex: 15 minutes)

3 Touch **Start** pad.



Continued on the Inside Back Cover

AUTO-TOUCH GUIDE

For more complete information and safety precautions, refer to your Operation Manual.

SET CLOCK

If *SHARP SIMPLY THE BEST PRESS CLEAR AND PRESS CLOCK* is in the display, first touch **Stop/Clear** pad.

1 Touch **Clock** pad and number [2] pad. — **Timer Clock** [2]

2 Enter correct time of the day by touching numbers in sequence. (Ex: 12:30) — [1][2][3][0]

3 Touch **Clock** pad again. — **Timer Clock**

SENSOR COOKING

1 Touch **Baked potatoes** pad. — **Baked potatoes**

2 Touch **Start** pad. — **Start Touch On**

FOOD	AMOUNT
Popcorn only 1 package	
Regular size	2.85 - 3.5 oz
Snack size	1.5 -1.75 oz
Sensor reheat	4 - 36 oz
Fresh vegetables:	
Soft	.25 - 2.0 lb
Hard	.25 - 1.5 lb
Rice	.5 - 2.0 cups
Baked potatoes	1 - 4 med.
Ground meat	.25 - 1.5 lb
Poultry: Boneless	.5 - 1.5 lb
Bone-in	.5 - 3.0 lb
Fish/seafood	.25 - 1.5 lb
Frozen entrees	6 - 17 oz
Frozen snacks	3 - 8 oz
Frozen vegetables	.25 - 1.0 lb

MINUTE PLUS

Touch **Minute Plus** for one minute at 100% power or to add a minute during manual cooking. Continue to touch for additional minutes. — **Minute Plus**

MANUAL OPERATION

High Power Cooking

1 Enter cooking time by touching number pads. (Ex: 1 min. 30 sec.) — [1][3][0]

2 Touch **Start** pad. — **Start Touch On**

Variable Power Cooking

1 After Step 1 above, touch **Power Level** pad 6 times (Ex: 50%.). — **Power Level** x 6

2 Touch **Start** pad. — **Start Touch On**

DEFROST CENTER

1 Touch **Defrost Center** pad. — **Defrost Center**

2 Select desired food. (Ex: touch number pad [5] to defrost steak.) — [5]

3 Touch number [2] and [0] pads for 2.0 lb. (Ex: 2.0 lb steak.) — [2][0]

4 Touch **Start** pad. During defrosting, the oven will stop; follow the directions. Touch **Start** pad to continue defrosting. — **Start Touch On**

FOOD	AMOUNT
SUPER DEFROST	
1. Ground Meat	1.0 lb
2. Boneless Poultry	1.0 lb
3. Bone-in Chicken pieces	2.0 lb
COMPU DEFROST	
4. Ground Meat	.5 - 3.0 lb
5. Steaks, Chops or Fish	.5 - 4.0 lb
6. Chicken Pieces	.5 - 3.0 lb
7. Roast	2.0 - 4.0 lb
8. Casserole or Soup	1 - 6 cups

TOUCH ON

Continuously touch **Touch On** pad for 100% power cooking. Remove finger and oven will stop instantly. — **Start Touch On**

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